



# Sample Junior Programme

## SUM 2: AC Milan Camp



### SUM 2 AC Milan Camp

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09.00-10.00	Level Test	<b>English Lesson:</b> Grammar and Use of English	<b>English Lesson:</b> Grammar and Use of English	<b>English Lesson:</b> Grammar and Use of English	<b>English Lesson:</b> Grammar and Use of English	Free Day	<b>Day Trip:</b> Powerscourt and Glendalough
10.00-10.15	<b>Break</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>		
10.15-11.15	Orientation	<b>English Lesson:</b> Reading Skills and Vocabulary Building	<b>English Lesson:</b> Reading Skills and Vocabulary Building	<b>English Lesson:</b> Reading Skills and Vocabulary Building	<b>English Lesson:</b> Reading Skills and Vocabulary Building		
11.15-11.30	<b>Break</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>		
11.30-12.30	<b>English Lesson:</b> Listening and Fluency Skills	<b>English Lesson:</b> Listening and Fluency Skills	<b>English Lesson:</b> Listening and Fluency Skills	<b>English Lesson:</b> Listening and Fluency Skills	<b>English Lesson:</b> Listening and Fluency Skills		
12.30-13.30	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>		
<b>Afternoon</b>	Introduction to Milan Coaches Soccer Multi Training Activity Programme*	Soccer Multi -Training Activity Programme*	Soccer Multi -Training Activity Programme*	Soccer Multi -Training Activity Programme*	Soccer Multi -Training Activity Programme*		
<b>Evening</b>		<b>Irish Music Night</b>		<b>Bowling</b>			

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09.00-10.00	Level Test	<b>English Lesson:</b> Grammar and Use of English	<b>English Lesson:</b> Grammar and Use of English	<b>English Lesson:</b> Grammar and Use of English	<b>English Lesson:</b> Grammar and Use of English	Free Day	<b>Day Trip:</b> National Sealife Centre and Wicklow Gaol
10.00-10.15	<b>Break</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>		
10.15-11.15	<b>English Lesson:</b> Reading Skills and Vocabulary Building	<b>English Lesson:</b> Reading Skills and Vocabulary Building	<b>English Lesson:</b> Reading Skills and Vocabulary Building	<b>English Lesson:</b> Reading Skills and Vocabulary Building	<b>English Lesson:</b> Reading Skills and Vocabulary Building		
11.15-11.30	<b>Break</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>		
11.30-12.30	<b>English Lesson:</b> Listening and Fluency Skills	<b>English Lesson:</b> Listening and Fluency Skills	<b>English Lesson:</b> Listening and Fluency Skills	<b>English Lesson:</b> Listening and Fluency Skills	<b>English Lesson:</b> Listening and Fluency Skills		
12.30-13.30	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>		
<b>Afternoon</b>	Soccer Multi -Training Activity Programme*	Soccer Multi -Training Activity Programme*	Soccer Multi -Training Activity Programme*	Soccer Multi -Training Activity Programme*	Soccer Multi -Training Activity Programme*		
<b>Evening</b>		<b>Q-Zar</b>		<b>Disco</b>			

For AC Milan students staying in residence there will be a full evening activity programme included. \*Soccer Multi - Training Activity Programme to include: Passing & Receiving, Shooting, Attacking, Ball Control, Defending, Team Tactics, Positional Sense, Support Play, Creative Play, Skill Display, Goal Keeping & Dribbling.